



Caramelized Apple French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8.5 inch thick bread white
- 0.3 cup brown sugar dark
- 2 tablespoons rum dark
- 2 large eggs
- 0.3 cup granulated sugar
- 1 teaspoon ground cardamom
- 1 cup milk 1% low-fat ()
- 1 pinch salt

- 1 teaspoon butter unsalted
- 0.3 cup apple sauce unsweetened
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- baking sheet
- oven
- whisk
- sieve

Directions

- Preheat the oven to 37
- Lightly grease a large nonstick baking sheet with the butter. Press the brown sugar through a strainer onto a medium plate to remove any lumps and then sprinkle 2 tablespoons of the sugar evenly over the prepared baking sheet.
- In a shallow bowl, whisk the milk with the eggs, applesauce, granulated sugar, rum, vanilla, cardamom, and salt.
- Add the bread slices and turn to coat, until thoroughly moistened. Arrange the slices on the prepared baking sheet and sprinkle evenly with the remaining 2 tablespoons brown sugar.
- Bake for about 20 minutes, turning once, until the toast is lightly browned and the sugar is caramelized.
- Transfer the French toast to warm individual plates and serve with the blueberry and mango compote and the turkey sausage patties.
- Notes: Use a good-quality dense white bread that won't fall apart when soaked.
- Bake the French toast for a couple of minutes longer if you like it extra-crisp. ONE SERVING: Calories 352 kcal, Protein 3 gm, Carbohydrate 59 gm, Cholesterol 114 mg, Total Fat 9 gm, Saturated Fat 8 gm

Nutrition Facts



■ PROTEIN 11.68% ■ FAT 19.32% ■ CARBS 69%

Properties

Glycemic Index:41.22, Glycemic Load:10.63, Inflammation Score:-2, Nutrition Score:5.7286956400975%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 4.24g (6.52%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 33.6g (12.22%), Sugar: 30.68g (34.09%), Cholesterol: 98.64mg (32.88%), Sodium: 98.62mg (4.29%), Alcohol: 2.85g (100%), Alcohol %: 2.56% (100%), Protein: 5.76g (11.52%), Selenium: 10.46µg (14.95%), Vitamin B2: 0.22mg (12.9%), Phosphorus: 119.23mg (11.92%), Calcium: 114.21mg (11.42%), Manganese: 0.2mg (9.88%), Vitamin B12: 0.58µg (9.74%), Vitamin D: 1.17µg (7.78%), Vitamin B5: 0.65mg (6.51%), Vitamin A: 286.35IU (5.73%), Vitamin B1: 0.08mg (5.1%), Potassium: 171.97mg (4.91%), Folate: 19.55µg (4.89%), Vitamin B6: 0.09mg (4.71%), Iron: 0.83mg (4.62%), Zinc: 0.68mg (4.51%), Magnesium: 14.52mg (3.63%), Vitamin E: 0.34mg (2.26%), Copper: 0.04mg (2.06%), Vitamin B3: 0.38mg (1.91%), Fiber: 0.43g (1.73%)